

Claiming:

1. A U-head assembly for rapid and secure attachment to a notched base plate of shoring apparatus, said assembly comprising:  
a U-head plate having a channel for capturing the base plate of the shoring apparatus; and  
a latch attached to said U-head plate, said latch having a tongue for engaging the notch in  
5 the base plate of the shoring apparatus upon capture of the base plate of the shoring apparatus within said channel.
2. The invention in accordance with claim 1 wherein said channel of said U-head is formed by first and second extensions and said latch is attached to one of said extensions.
3. The invention in accordance with claim 2 wherein said extensions are L-shaped and inwardly opposing thereby forming said channel for capturing the base plate of the shoring apparatus.
4. The invention in accordance with claim 2 wherein said tongue of said latch engages notch of the base plate of the shoring apparatus through a hole in one of said extensions.
5. The invention in accordance with claim 4 wherein said U-head plate further comprises a first wall and a second wall with a base therebetween, and said extensions extend downwardly from said base of said U-head plate.

6. The invention in accordance with claim 1 wherein said latch further comprises a spring for biasing said tongue toward the notch of the base plate of the shoring apparatus.
7. The invention in accordance with claim 6 wherein said tongue of said latch is disengaged from the notch of the base plate of the shoring apparatus by compressing said spring.
8. A U-head assembly for rapid and secure attachment to a notched base plate of shoring apparatus, said assembly comprising:
- a U-head plate having a first wall and a second wall with a base therebetween, and first and second L-shaped inwardly opposing extensions extending downwardly from said base thereby forming a channel for capturing the base plate of the shoring apparatus;
- a latch attached to one of said extensions of said U-head plate, said latch having a tongue for engaging the notch of the base plate through a hole in one of said extensions upon capture of the base plate of the shoring apparatus within said channel; and
- wherein said latch further comprises a spring biasing said tongue toward the notch of the base plate of the shoring apparatus and compression of said spring disengages said tongue from the notch of the base plate of the shoring apparatus.